


# Tri County Office on Aging – Nutrition Menu

## June 2016

Luncheons are served at 12 p.m. and the cost is a \$3 donation for ages 60 and over and a \$6 charge for ages 59 and under. The luncheon and the programs are held in the Activity Room in the Delta Enrichment Center, located on 4538 Elizabeth Road, Lansing 48917. Pick up your monthly activities calendar at the Delta Township Enrichment Center or online at [www.deltami.gov/parks](http://www.deltami.gov/parks).

**For reservations, please call (517) 484-5600 by 12 noon the day before the luncheon**

<b>Monday, May 30</b>  <b>CLOSED</b> 	<b>Wednesday, June 1</b>  Pork Medallions baked potato broccoli dinner roll pear	<b>Friday, June 3</b>  Tuna Noodle Casserole green peas squash apple muffin grapes
<b>Monday, June 6</b>  Beef Pot Roast new potato baby carrots yeast roll oatmeal cookie pineapple tidbits	<b>Wednesday, June 8</b>  Lemon Pepper Cod wild rice stewed tomatoes dinner roll grapes	<b>Friday, June 10</b>  Crab Alfredo with Linguine Pasta broccoli corn banana
<b>Monday, June 13</b>  Chicken Stew peas biscuit lemon cookie orange	<b>Wednesday, June 15</b>  Hamburger on Bun potato salad fresh carrots apple	<b>Friday, June 17</b>  Macaroni & Cheese green beans stewed tomatoes applesauce
<b>Monday, June 20</b>  Turkey Burger seasoned potatoes glazed carrots dinner roll apple	<b>Wednesday, June 22</b>  Soft Shell Tacos ground beef / cheese lettuce / tomato / onion beans and rice strawberry applesauce	<b>Friday, June 24</b>  Creole Cod buttered corn peas wheat bread pineapple tidbits
<b>Monday, June 27</b>  Beef Stew biscuit peas graham cracker pear	<b>Wednesday, June 29</b>  Slow Roast Pork Loin mashed potatoes corn o'brien rye bread orange	<b>Friday, July 1</b>  Macaroni & Cheese green beans glazed carrots dinner roll grapes

One carton of juice, or fat free milk is served with each meal. Additional juice or milk (if available) may be purchased for \$.25 each. Coffee is available for \$.50.